



COMMUNITY RESOURCES

I. FOOD ASSISTANCE

- nyc.gov/GetFood
- Food pantries and Grab & Go meals at [NYC Schools](#), available for all children or adults in need
- [NYC Food Delivery Assistance](#)
 - IF you cannot go out to get food, no one can bring you food, and you are not able to use private delivery options, New York City will deliver emergency meals to you in the coming days. Check your eligibility and sign up

II. SHELTER FOR COVID-19 IMPACTED FAMILIES THAT CANNOT QUARANTINE AT HOME

- The City of New York's [COVID-19 Hotel Program](#) provides select individuals and groups (e.g., healthcare workers) a place to stay to reduce the spread of COVID-19.

III. FINANCIAL SUPPORT

- [ACCESS NYC](#) Adults and families with work-eligible social security numbers (SSN) can receive economic impact payments from the Internal Revenue Service (IRS) through the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

Unemployment Insurance and resources:

- <https://dol.ny.gov/>

IV. EMOTIONAL SUPPORT

- [NYC Well](#): If your symptoms of stress become overwhelming, reach out for support and help. You can contact NYC Well, a confidential 24/7 helpline, staffed by trained counselors. They can provide brief counseling and referrals to care in over 200 languages.

Call: 888-NYC-WELL (888-692-9355)

Text: "WELL" to 65173

Chat: at nyc.gov/nycwell

V. ACCESS TO FREE INTERNET AT HOME

Charter will **offer free Spectrum broadband and Wi-Fi access for 60 days** to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. Installation fees will be waived for new student households. To enroll, call Spectrum at 844-488-8395.

“One of the most important things you can do on this earth is to let people know they are not alone.”
— Shannon L. Alder